Formation Public speaking : prise de parole en public en anglais

Public speaking is a difficult task requiring numerous skills and personal assets (charisma, confidence, control of one's emotions etc.). But don't worry! Everything can be learned. Our 3 days long training session in public speaking aims at giving your personnel the keys to manage stress, increase confidence and first and foremost become effective speakers.

Objectifs pédagogiques

- Develop consciences of our nonverbal impact during our communication with others
- Learning tricks used by politicians and theater actors to control stress, voice projection, amelioration of your presence in public speaking.
- Developing your natural talent to convince and bring the public on your side
- Increasing your confidence in general outside of speaking in public

Programme

Components of oral expression

- Verbal and non-verbal behavior
Expressing yourself with the appropriate gestures
Body dynamics in space
Training of breath control from the stomach
Coordination of voice and body

Stress Management
- Familiarize yourself with your own emotions
- Release yourself from the tension and the comprehension related to the stress
- To limit the pressure of the moment and to find pleasurable experience

Acquisition and control of an effective oral communication
- 10 principles to make your public intervention a success
- To discover your hidden talents as a speaker for future use when needed

Rules for producing a coherent and positive speech
- Construction of your speech, language and expressions
- To convince and bring the public on your side : practical methods

Programme daté du 08/09/2021

Public & prérequis

Public cible
Manager

Pré-requis
Participants must prepare their own presentation for the kick off

Méthodes pédagogiques
- Actual role playing situations of public speaking
- Filmed exercises Public speaking
- Theater and improvisation pedagogies
- Mimes
- Individual Coaching on your talents, limited beliefs, blockings, your fears

Évaluation des acquis en fin de formation